

HEALTH FOOD CONTAINING CERAMIDE**Publication number:** JP11113530**Publication date:** 1999-04-27**Inventor:** NISHINA ATSURO; ARAI MOTOHARU**Applicant:** NOF CORP**Classification:**

- International: **A23G3/00; A21D2/24; A23G3/34; A23L1/30; A23L2/52; A21D2/24; A23G3/00; A23L2/52; A23G3/00; A21D2/00; A23G3/34; A23L1/30; A23L2/52; A21D2/00; A23G3/00; A23L2/52; (IPC1-7): A21D2/24; A23G3/00; A23L2/52; A23L1/30**

- European:**Application number:** JP19970288072 19971021**Priority number(s):** JP19970288072 19971021**Report a data error here****Abstract of JP11113530**

PROBLEM TO BE SOLVED: To obtain a health food capable of being orally administered to exhibit beauty effects such as a skin-moisturizing effect, a skin-protecting effect, a skin roughness-preventing effect, and a skin wrinkle-preventing effect by including ceramide as an active ingredient. **SOLUTION:** The health food is obtained by adding 0.001-2 wt.%, preferably 0.01-1 wt.%, of ceramide to a food. The ceramide is extracted from bovine brain, wheat, rice, soybeans, spinach, yeast or the like. The ceramide is administered at a daily dose of 1-1000 mg, preferably 5-100 mg. The health food is produced in the form of tablets, capsules, powders or liquids, and may be added to confections, breads or drinks.

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